

DESCRIPTION AMENDMENTS

Rewrite the paragraph beginning on page 9, line 6, to read as follows:

Referring to Fig. 10 depicting a schematic plan view of an exerciser 100 in which a grip portion 101 is shaped to reciprocate the contours of an expected user's limb. Thus, as previously the exerciser 100 generally incorporates a raised lip 102 about ~~it's~~ its periphery in order to create a smooth curvature at that periphery to avoid snagging during slide motions. The other side of the exerciser 100 to that of the grip 101 has a slide surface as described previously. In such circumstances the exerciser 100 can slide as required, and if that slide surface includes guide ribs or keels the direction of that slide motion may be controlled.

Rewrite the paragraph beginning on page 9, line 15, to read as follows:

The grip 101 as indicated is shaped to meet the contours of an expected user's limb. In the particular embodiment depicted in Fig. 10, that contour portion of a user's limb is their ankle. Thus, the grip 101 has a cupped shape to accept a user's heel with a depressed central region surrounded mostly with a raised lip 103 but incorporating an opening 104 within which the user's Achilles tendon is ~~accommodated~~ accommodated, whereby a bulb-shaped recess is formed. In such circumstances in use a user's ankle is seated within the grip 100 ~~snuggly~~ snugly to allow ready exercising by gentle sliding motions as described above. Clearly, the actual depth of the central region and lip 103 will be dependent upon particular requirements for snug seating. Similarly, a grip used for an elbow may incorporate instead of a deep opening 104 for an Achilles tendon simply less raised sections opposite each other in the raised lip to accommodate a user's forearm and upper arm with the elbow seated ~~snuggly~~ snugly in the grip. It will also be understood that the grip will also tend to be formed from pliable material such as a PVC material or

a rubber or a foam mesh such that the grip will be deformed into even greater snug fit around the contour of a user's limb or joint as required.